

We suggest that you avoid using your personal computer for safety planning, if your abuser has access to the computer. We suggest that you use a computer at a public library or a friend's house instead. Your abuser may be able to see what websites you have visited, or what documents you have downloaded, even if you clean out your history. Below are some useful websites that may be able to help you plan for your safety.

RICADV
www.ricadv.org

This website can provide you with a link to your local domestic violence agency and answer many of your questions about domestic violence.

RI Legal Services
www.helprilaw.org

This website provides information about Rhode Island laws and may be able to answer your legal questions regarding Family Court, criminal law, housing and immigration.

National Center for Victims of Crime
www.ncvc.org

The "Victim Assistance" section on this website provides assistance to adult and teen victims of stalking, domestic violence, as well as other crimes.

Victim's Advocacy Portal
www.infacts.doc.ri.gov/vapv3/welcome.do

If you are a victim of a crime, you can create an account through this website to track the case's progression.

Women's Law
www.womenslaw.org

This website was created specifically for victims of domestic violence and provides state specific information on legal processes. It's very useful if you are considering relocating.

Contact your local domestic violence agency for more information:

- Blackstone Valley Advocacy Center*
(401) 723-3057
- Domestic Violence Resource Center of South County* **(401) 782-3990**
- Elizabeth Buffum Chace Center* **(401) 738-1700**
- Sojourner House* **(401) 658-4334** or **(401) 765-3232**
- Women's Center of RI* **(401) 861-2760**
- Women's Resource Center of Newport & Bristol Counties* **(866) 236-2474**

** These agencies do not use Caller ID and always block outgoing calls for safety and confidentiality.*

Additional resources for victims of domestic violence:

- Victims of Crime Helpline (toll free) **(800) 494-8100**
- Garrahy Courthouse Restraining Order Office **(401) 458-3372**
- Washington County Courthouse Restraining Order Office **(401) 782-4174**
- RI Coalition Against Domestic Violence **(401) 467-9940**
- Attorney General's Department **(401) 274-4400**
- RI Legal Services **(401) 274-2652**
- Day One (sexual assault) **(401) 421-4100**
- Dept. of Elderly Affairs (aged 60 or over) **(401) 462-3000**

In an emergency, call the police: 911

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Domestic Violence Safety Plan



For a personalized safety plan, you can contact your local domestic violence agency listed on the back of this brochure.

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Safety During a Dangerous Incident

- Stay away from the kitchen (the abuser can access knives there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone, or grab a cell phone to call 911



Domestic Violence Safety Plan

How to Protect Yourself at Home (or when you are preparing to leave)

- Plan an escape route; teach it to your children
- Have a bag packed and ready to go; keep it hidden but accessible
- Work with a domestic violence advocate to develop a personalized safety plan
- Have a code word or phrase to use with your children, family, or friends to let them know if you are in danger
- Keep a cell phone with you at all time in case you need to call 911

How to Protect Yourself Outside your Home (or after your abuser has left)

- Change your locks and be sure to secure your windows
- Change your routines and regular travel habits
- Get an unlisted phone number
- Use caller ID to screen calls or use an answering machine
- Keep your Protective Order with you at all times; give copies to a friend, co-worker or neighbor; keep a copy in a safe place
- Cancel any bank accounts or credit cards you shared with your abuser; open new accounts at a different bank
- Park in well-lighted areas, and have someone walk with you to your car

- Teach your children how to call 911, what to do if an emergency occurs, and whom to call if you are not with them and they are concerned about safety
- Give the principal at your children's school or daycare center a copy of your protective order; tell them who is authorized to take your children and give them a photo of your abuser if he/she is not allowed to pick up your children

It is your right to be safe from abuse.

Although you do not have control over your abuser's violence, you do have choices about how to respond, and how to best keep yourself and your children safe. Rhode Island's specialized domestic violence agencies (listed on the back of this brochure) provide support services, including:

- Individualized safety planning
- Assistance in obtaining Restraining Orders
- Court Advocacy
- Free 911 emergency cell phones
- Safe shelter
- 24-hour hotline services
- Support groups and educational programs
- Counseling and advocacy for yourself or your children
- Information and referrals

Checklist:

What to take with you when you leave

Identification Information:

- ☐ Driver's License and registration
- ☐ Birth Certificate
- ☐ Your children's birth certificates
- ☐ Green Card or work permits
- ☐ Passport
- ☐ Social Security Card

Other Important Papers:

- ☐ Medical records for yourself and your children
- ☐ School records
- ☐ Divorce or custody agreements
- ☐ Lease or mortgage papers
- ☐ Insurance papers
- ☐ Copy of Protection Order
- ☐ List of important phone numbers
- ☐ FIP/RIWorks identification card

Financial items:

- ☐ Cash, debit and/or credit cards
- ☐ Bank books
- ☐ Checkbook

Other important items:

- ☐ Cell phone and charger
- ☐ House and car keys
- ☐ Medications
- ☐ Anything valuable or sentimental (jewelry, photos)
- ☐ Favorite toys for small children